

State Adolescent Treatment Enhancement and Dissemination (SAT-ED)

Project Overview

The Washington State Recovery Youth Services (WA-RYS) program is funded under the SAMHSA CSAT's State Adolescent Treatment Enhancement and Dissemination (SAT-ED) cooperative agreement. The WA-RYS program is a treatment model that supports existing publically funded Substance Use Disorder treatment for adolescents 12 to 18 years old. This program works to enhance services by targeting key areas that have been shown to provide better outcomes for adolescents who are receiving care and their families/caregivers. The targeted areas are providing evidence-based practices that have demonstrated positive outcomes for the population served by increasing family involvement, providing care coordination, and increasing opportunity for recovery supports and activities to assist with prolonged recovery engagement.

WA-RYS offers family-centered, evidence-based practices with the inclusion of adolescents and families/caregivers in the development of policy and practice of the model. This model is attentive to the context of culture and community, recognizing that these elements are central to the development of successful service delivery systems. The success of this model is based on the involvement of youth and their families/caregivers, their care providers and community partners, and their collective willingness to provide feedback to each other and the state to further develop the program model.

The WA-RYS model provides service enhancement at the individual level as well as the community level. For the individual youth and family receiving services, the model includes the implementation of evidence-based assessment, *The Global Appraisal of Individual Needs* (GAIN-I) and an evidence-based practice, *The Adolescent Community Reinforcement Approach and Assertive Continuing Care* (A-CRA/ACC).

The model funds a full-time Recovery Care Coordinator to assist the youth and family/caregivers with linkage to additional services when indicated, such as primary care, mental services, and recovery support services and activities. There is a limited amount of funding to assist with the coordination and purchase of Recovery Support Services when identified as needed, such as basic needs, educational support, vocational training, transportation (e.g., bus passes), which are not covered by another federal or state funding source.

At the community level, the development of a Youth Recovery Oriented System of Care (ROSC) is a part of the system of care building process of this model. ROSC development efforts are to assist in strengthening a coordinated network of care for youth based on existing community resources and supports, with the opportunity to identify potential new supports, and further educate and ready the community as system for Health Care Reform.

The overall objective of the project is to improve health outcomes for adolescents. Success will be achieved via 1) increased rates of abstinence; 2) enrollment in education, vocational training, and/or employment; 3) social connectedness; and 4) decreased juvenile justice involvement. Project goals will be to increase family/caregiver involvement.

Direct Services/Program Participants

Fifty youth will participate in the WA-RYS program at each site, each year. Three hundred individual youth and their families/caregivers will receive services through the program over the course of three years.

The target population will be based on locally identified community needs, prioritizing youth with COD and/or youth involved in multiple systems such as child welfare and juvenile justice. Attention will also focus on behavioral health disparities impacting racial and ethnic groups; lesbian, gay, bisexual, transgender and questioning (LGBTQ) individuals; and adolescent females.

Primary Provider Sites

The WA-RYS program is available at two primary sites: True North/ESD113 in Aberdeen, Washington and True Star Behavioral Health Services in Port Angeles, Washington.

True North Student Assistance and Treatment Services, Aberdeen, Grays Harbor County, Washington

True North Student Assistance and Treatment Services/ Educational Service District 113 has provided prevention, intervention, and treatment services in Thurston, Mason, Lewis, Grays Harbor, and Pacific counties since 1999. True North provides outreach, prevention, screening, assessment, intervention, and treatment services to youth. Treatment services for youth include individual, outpatient and intensive outpatient groups, and continuing care, as well as intensive case management services. Co-occurring services are integrated into the youth's treatment as appropriate and include screening of mental health needs, case management, and coordination with mental health providers.

True Star Behavioral Health Services, Port Angeles, Clallam County, Washington

True Star Behavioral Health Services has been providing adolescent Substance Use Disorder treatment for over 16 years and providing co-occurring mental health disorder treatment services for the past 7 years. True Star Behavioral Health provides the following services: assessment, referral, intensive outpatient groups, outpatient groups, individual and family counseling, detention-based groups, substance abuse seminars, and linkage with medication management services. True Star Behavioral Health Services is part of Clallam County Juvenile and Family Services.

WA-RYS Model Dissemination

Based on the lessons learned from the two implementation sites, the DBHR will have a multi-year training project to broaden the use of a family-centered intervention, to develop community based youth ROSC models in five additional communities/counties to further enhance youth/family/caregiver service delivery systems in those communities.